

Senior Companions services are available in these North Dakota communities:

Ashley	Belcourt
Beulah	Bismarck
Bottineau	Carrington
Cooperstown	Devils Lake
Dickinson	Dunseith
Fargo-Moorhead	Fort Totten
Fort Yates	Grand Forks
Harvey	Hazen
Jamestown	Lakota
LaMoure	Lisbon
Mandan	Minot
Napoleon	New Town
Parshall	Rolla
Rugby	Steele
Towner	Trenton
Valley City	Velva
Wahpeton	West Fargo
Williston	Wishek

Senior Companions is always looking to expand to new communities. For more information call 1-800-450-1510.



Lutheran Social Services
of North Dakota

Senior Companions is a program of the Corporation for National and Community Service and is sponsored by Lutheran Social Services of North Dakota

Fargo Program Center
1325 11th St. S.
Fargo, ND 58103

701-271-3247 or 800-450-1510

Minot Program Center
1905 2nd St. SE, Suite 1B
Minot, ND 58701
701-838-7800

Learn more about Senior Companions and other programs of Lutheran Social Services of North Dakota by visiting our website at www.lssnd.org

Our Mission

*Guided by God's love and grace,
Lutheran Social Services of North Dakota
brings healing, help and hope.*



Lutheran Social Services Senior Companions



Free in-home services
for older persons
and other adults in need

Who can benefit from the in-home services of Senior Companions?

Regular, scheduled visits by Senior Companions help people live independently by providing:

- Assistance with daily activities to those who live alone
- Assistance recuperating from a hospital or nursing home stay
- Assistance for those who are terminally ill
- Respite care for families of those with Alzheimer's disease and other caregivers
- Friendship and participation in social activities



There are no fees to receive services from Senior Companions. Income is not a factor in determining need. All services are provided by pre-screened, trained volunteers.

For more information on receiving assistance from a Senior Companion, call 1-800-450-1510.



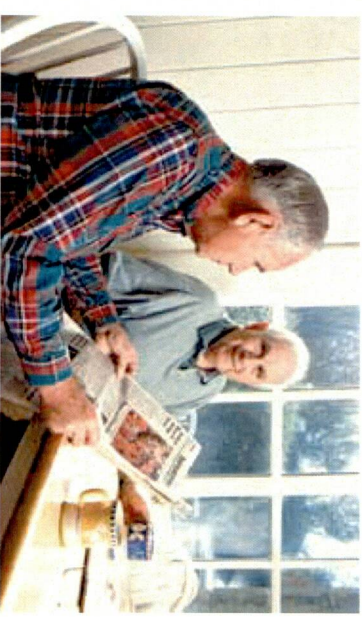
Senior Companions may offer:

- Conversation and listening
- Assistance with reading, writing letters or making phone calls
- Planning, preparing or sharing meals
- Help with shopping and errands
- Sharing hobbies, handwork, recreation and social events
- Assistance with light housekeeping (making bed, doing dishes, dusting)
- Help with dressing and grooming
- Medication reminders
- Accompanying to medical appointments
- Help with filling out forms and writing out bill payments

Requirements to serve as a Senior Companions volunteer

You are eligible to become a Senior Companion with stipend pay if you:

- Are age 55 or older
- Meet low income guidelines
- Are able to serve 15–40 hours per week



Benefits of serving as a Senior Companions volunteer

- Pay in the form of an hourly tax-free stipend
- Mileage reimbursement or transportation provided
- Paid training
- Paid time off
- Paid holidays
- Accident insurance while on assignment
- Friendship with other Senior Companions
- Satisfaction in service

These benefits are not taxable and do not reduce any other government assistance that you may receive.

For more information on becoming a Senior Companion, call 1-800-450-1510.